



# Sit, Relax & Stretch some more

## Keep in mind...

I have given you some examples.

You can take these stretches to the floor or do some of them while sitting.

The key is to relax and breathe through the stretch...and to stretch often.



**See you next Tuesday at 6pm!  
Enjoy your homework days!  
You CAN do it!**



with Mena Westhaver